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Abstract of the Disclosure

A personal activity monitor adapted to be supported on the body of the user, preferably on the wrist, includes a motion sensor such as an accelerometer to generate electrical signals as a function of body motion. The monitor also includes an electronic clock and a memory for recording signals representative of the motion of the housing and their time of occurrence. User entry keys on the monitor allow the entry of signals representative of the time of food consumption and the beginning and end of exercise activity. Other activity and condition sensors may be supported on the monitor such as pulse rate detector, camera for recording images of food consumed, barcode reader and the like. The output of the memory is useful in weight control and fitness logging systems.